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Tuesday

CATASTROPHE

At least 4 people are killed in deadliest train collision in Metro history

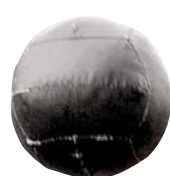


MARVIN JOSEPH/TWP

President Obama began smoking as a teenager.

Personal Battle: Obama signs anti-smoking law | **3**

Crackdown: Iranian police use force to break up rally | **8**



Throw Down:
Toss heavy balls for a presidential workout | **FIT**

lookout

It's Simple:
Denise Richards chats about her mellowed-out reality show. Plus, music from the Mars Volta.



BOLO MARTINEZ/MONTS/VAIS/AP

RUSH-HOUR HORROR: D.C. fire and emergency workers respond to a rush-hour collision between two Metro trains in Northeast Washington on Monday. At least four people were killed in the accident.

WASHINGTON | Two Red Line Metrorail trains collided on Monday evening between the Fort Totten and Takoma stations, striking with such force that part of one train was left resting on top of the other, and killing at least four people, authorities said.

According to Metro spokeswoman Lisa Farbstein, the two trains were both headed in the same direction.

One rear-ended the other. The female operator of the trailing train was one of four confirmed casualties. "This is the deadliest accident in the history of our Metro train transit system," Washington Mayor Adrian Fenty said.

No details were available about the cause of the crash, which is the third time in the last 15 years that two Metro trains have collided. The last was in November 2004, when a Red Line train rolled backwards down a steep stretch of track, and smashed into another train at the Woodley Park station. Twenty people were injured in that crash. This is the first time since 1982 that Metro customers died in a crash.

Passengers who climbed out of the wreckage in Northeast Washington described a violent crash. "All I heard was a boom," said Dylan Hooks, 17, who said he was on one of the trains. "Everybody started screaming. Somebody hit their head on the glass."

LENA H. SUN AND ROBERT THOMSON (THE WASHINGTON POST)

THE TOLL

- 4 fatalities
- 2 people with life-threatening injuries
- 12 people with moderate injuries
- 50 people with mild injuries



Were you riding Metro during Monday's collision? Please send observations and images to our Twitter feed @expressnightout.



IS THE REDSKINS' PLAN TO LIMIT TAILGATING FAIR TO EARLY-ARRIVING FANS? **A** YES **B** NO

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 32

TUESDAY
85/68

WEDNESDAY
89/69

eyeopeners

SLOW DAY
Ark. Traffic Makes News in U.S. Capital

Arkansas State Police say a tractor-trailer rig hauling pigs overturned early Monday on a major highway, and some hogs got loose. The wreck and the roaming porkers closed a stretch of Interstate 430 connecting Little Rock to North Little Rock. State Police spokesman Bill Sadler said morning commuters were detoured around the area as troopers and others tried to corral the escaped hogs. The swine could weigh as much as 800 pounds each. (AP)

PETS
Kitten Had No Tracking Number

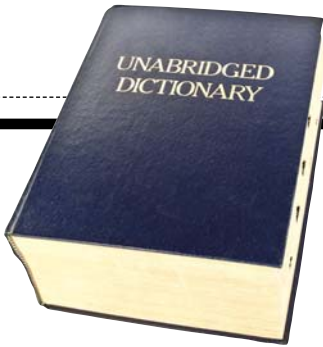
Postal worker George Knapp and his wife, Dani-Jean Stupart, of Weare, N.H., have adopted the kitten that was dropped in a mailbox in Boston. The couple have named their new pet P.D., for “postage due.” A U.S. Postal Service letter carrier found the kitty earlier this month amid dozens of envelopes and packages. (AP)



MARIO TAMAI/GETTY IMAGES

COLOR
Blue Woman Group

Women dressed as mermaids prepare to march Saturday in Coney Island’s Mermaid Parade, celebrating Coney Island and the start of summer. Harvey Keitel led the procession as King Neptune. “The parade is characterized by participants dressed in handmade costumes as mermaids, Neptunes, various sea creatures, the occasional wandering lighthouse, Coney Island postcard or amusement ride,” says the event’s Web site. (EXPRESS)



SPELLING
‘Veil,’ ‘Their’ Ruin Things for Everyone

It’s a spelling mantra that generations of schoolchildren have learned — “i before e, except after c.” But new British government guidance tells teachers not to pass on the rule to students, because there are too many exceptions. The “Support for Spelling” document, which is being sent to thousands of primary schools, says the rule “is not worth teaching” because it doesn’t account for words such as “sufficient,” “veil” and “their.” But supporters say the ditty has value because it is one of the few language rules that most people remember. (AP)

PLAGUES
“I’m astonished, because tadpoles don’t fly.”

— A WOMAN IN JAPAN, WHERE FISH AND TADPOLES HAVE BEEN FALLING FROM THE SKY. BIRDS, WATERSPOUTS AND MINI-TORNADOES HAVE BEEN PUT FORTH AS POSSIBLE CAUSES.

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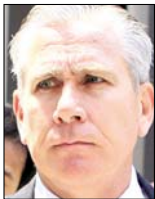
Religious Coalition for Reproductive Choice

In Brief

CHICAGO

Ex-Blagojevich Fundraiser Gets 3 Years in Prison

Ousted Illinois governor Rod Blagojevich's former chief fundraiser was sentenced Monday to three years in prison for hiding the use of his company's money to pay thousands of dollars in gambling debts and other expenses. Christopher G. Kelly, who was a key member of Blagojevich's inner circle, also was fined \$7,500 and ordered to pay more than \$600,000 in restitution to the federal government. Kelly helped Blagojevich raise millions of dollars for his campaigns. (AP)



Kelly

ANCHORAGE, ALASKA

No Major Damages Seen From 5.4-Magnitude Quake

A strong earthquake jolted a swath of southern Alaska on Monday, sending people diving under desks and huddling in doorways but causing little damage. The U.S. Geological Survey said the 5.4-magnitude tremor struck at 11:28 a.m. The rumbling lasted several moments in Anchorage, 58 miles from the epicenter, and was felt as far south as Kenai and north to Fairbanks, a span of 300 miles. (AP)

President Signs Anti-Smoking Bill

Obama talks briefly about his long fight to give up cigarettes

WASHINGTON | Lamenting his first teenage cigarette, President Obama ruefully admitted on Monday that he's spent his adult life fighting the habit. Then he signed the nation's toughest anti-smoking law, aiming to keep thousands of other teens from getting hooked.

Obama praised the historic legislation, which gives the Food and Drug Administration unprecedented authority to regulate what goes into tobacco products, to make public the ingredients and to prohibit marketing campaigns geared toward children.

But he didn't say how his own struggle was coming since he moved into the White House. Aides were no more forthcoming.

As senator, candidate and now president, Obama has veered between frank and cagey about his personal battle with smoking.

He promised his wife, Michelle, more than two years ago that he would quit if she let him seek the



President Obama signs the Family Smoking Prevention and Tobacco Control Act Monday in the Rose Garden of the White House.

White House.

He has often acknowledged since that he has "fallen off the wagon." But he hardly ever provides specifics.

During Monday's bill signing, Obama focused on how the new law would help keep future generations of kids away from the habit.

The president mentioned his own experience very briefly. Almost 90 percent of people who smoke began at 18 or younger, he said.

"I know. I was one of these teenagers," he said. "And so I know how difficult it can be to break this habit when it's been with you for a long time."

White House press secretary Robert Gibbs said he hadn't asked Obama about his smoking.

"I don't, honestly, see the need to get a whole lot more specific than the fact that it's a continuing struggle," Gibbs said. "He struggles with it every day."

PHILIP ELLIOTT (AP)



WRITINGS Back in Print Four books that have been long out of print by Martin Luther King Jr. will be published again under a deal with Beacon Press brokered by King's youngest son. In a statement, Dexter King called the deal "an historic partnership." On Jan. 18, 2010 — the federal holiday observing what would have been King's 80th birthday — the Boston-based publisher will release new editions of several of King's most important works, which have been unavailable for nearly two decades. (AP)

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Nation

S.C. Governor Goes AWOL

Rep claims Sanford's taking a break; wife among those puzzled

COLUMBIA, S.C. | Where is South Carolina's governor?

The lieutenant governor doesn't know, and neither does a state senator who's a close confidante. Even his wife is in the dark.

Gov. Mark Sanford's unannounced absence from the state Capitol perplexed some politicians Monday, and his staff wouldn't say where he was. His wife said she hadn't heard from him in several days — including Father's Day.

"He was writing something and



South Carolina Gov. Mark Sanford left the Capitol unannounced last week.

wanted some space to get away from the kids," Jenny Sanford told The Associated Press. She said she wasn't concerned about her husband, the state's two-term Repub-

lican chief executive.

Sanford, who's also chairman of the Republican Governors Association, earned a reputation as the nation's most vocal anti-bailout governor by refusing \$700 million in federal stimulus money for schools until he lost a court battle earlier this month.

His spokesman Joel Sawyer released a statement saying the governor was taking a break after losing the fight.

Sawyer wouldn't say where Sanford was or confirm that he knew the governor's whereabouts. Law enforcement officials who handle his security also declined to comment. JIM DAVENPORT (AP)

800

THE NUMBER OF gun purchases that were approved in the last five years even though the buyers' names were on the terrorist watch list, according to the Government Accountability Office. Being on the watch list is not among the nine factors that disqualify someone from buying a gun. (AP)

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02-M-0003



National Institute of Mental Health **NIMH**
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National Institute of Mental Health



MR. PRESIDENT AND CONGRESS, THANK YOU FOR CHOOSING WISELY.

By approving historic legislation to allow FDA regulation of tobacco products, President Obama and Congress have put our children's health above Big Tobacco. This law will save lives and help prevent tobacco-related diseases from ever starting. And that's a huge victory for all Americans. Thank you.





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Nation



Bill Heisinger uses a jackleg drill to bore holes in the shaft wall of the Sanford Underground Science and Engineering Laboratory on Monday in Lead, S.D.

Scientists Await Subterranean Lab

**Work begins on S.D.
facility where dark
matter will be studied**

SIoux FALLS, S.D. | Far below the Black Hills of South Dakota, crews are building the world's deepest underground science lab at a depth equivalent to more than six Empire State buildings — a place uniquely suited to scientists' quest for mysterious particles known as dark matter.

Workers began construction Monday in an old gold mine that was once the site of Nobel Prize-winning physics research.

The site is ideal for experiments because its location is largely shielded from cosmic rays that could interfere with efforts to prove the existence of dark matter, which is thought to make up nearly a quarter of the mass of the universe.

The deepest reaches of the

mine plunge to 8,000 feet below the surface. Some early geology and hydrology experiments are already under way at 4,850 feet. Researchers also hope to build two deeper labs that are still awaiting funding from Congress.

The old Homestake Gold Mine in a community called Lead was shut down in 2001 after 125 years. Pumps that kept the mine dry were turned off years ago, so workers have been drying it out to prepare for the new research.

The first dark matter experiment will be the Large Underground Xenon detector experiment, a project to detect weakly interacting particles that could give scientists greater insight into the Big Bang explosion believed to have formed the universe.

Scientists hope to start construction on the two deepest labs by 2012 and open them by 2016. The projects are expected to cost \$550 million. DIRK LAMMERS (AP)



LOST Ocean Exit Ahead A baby sea lion was rescued Monday after it wandered onto a busy freeway in Oakland, Calif. Drivers started calling authorities after spotting the creature waddling along the center divider. (AP)



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Jamie Barton



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Police Crack Down on Iran Rallies

Anti-riot forces fire bullets, tear gas at protesters in Tehran

CAIRO | Riot police attacked hundreds of demonstrators with tear gas and fired live bullets in the air to disperse a rally in central Tehran Monday, carrying out a threat by the country's most powerful security force to crush any further opposition protests over the disputed presidential election.

Britain, accused by Iran of fomenting post-election unrest, said it was evacuating the families of diplomats and other officials based in Iran — the first country to do so as Iran's worst internal conflict since the 1979 Islamic Revolution escalated.

Witnesses said helicopters hovered overhead as about 200 protesters gathered at Haft-e-Tir Square. But hundreds of anti-riot police quickly ended the rally.



Iranian riot police intercept traffic on a street in Tehran on Monday. The police carried out a threat to prevent any further opposition protests over the election.

At the subway station at Haft-e-Tir, the witnesses said police did not allow anyone to stand still, asking them to keep on walking and separating people who were walking together. The witnesses asked not to be identified for fear of government reprisals.

Just before the clashes, an

Iranian woman who lives in Tehran said there was a heavy police and security presence in another square in Tehran. She asked not to be identified due to fears of government reprisals.

"There is a massive, massive, massive police presence," she told The Associated Press in Cairo by

telephone.

Iran says at least 17 protesters have been killed in unrest so far after the electoral council declared President Mahmoud Ahmadinejad winner of the June 12 vote. His main challenger, Mir Hossein

50

The number of irregularities in voting districts found by Iran's Guardian Council. The council spokesman said the findings wouldn't change the vote results.

Mousavi, charged the election was a fraud and insists he is the true winner. His followers have been staging near-daily rallies, at least one of them drawing massive crowds of hundreds of thousands.

Earlier Monday, the Revolutionary Guard warned protesters to "be prepared for a resolution and revolutionary confrontation with the Guards, Basij and other security forces and disciplinary forces" if they continue protests. JIM HEINTZ (AP)

In Brief



Investigators look at a car that was destroyed in a blast in Nazran, Russia.

NAZRAN, RUSSIA Provincial Leader Survives An Assassination Attempt

A suicide bomber badly wounded a provincial president in Russia's North Caucasus on Monday, an assassination attempt that undermined the Kremlin's claim that it has brought stability to the predominantly Muslim region. Yunus Bek Yevkurov was the third top official to be wounded or killed in the last three weeks in the area of southern Russia around Chechnya. (AP)

BAGHDAD Violence Kills at Least 30

Bombings and shootings killed more than 30 people across Iraq on Monday, including high school students on their way to final exams, part of a new round of violence ahead of next week's deadline for U.S. troops to leave urban areas. The attacks pushed the three-day Iraqi death toll to more than 100, adding fresh doubt about the ability of government forces to protect people. (AP)

FACE OF IRAN'S OPPOSITION | VIDEO OF IRANIAN WOMAN'S DEATH SPREADS ONLINE

WHO SHE IS: The woman, identified as **NEDA AGHA SOLTAN**, 27, apparently bled to death after being shot at a protest in Tehran on Saturday.



WHAT HAPPENED: Soltan's fiancé described her last moments to BBC Persian TV: Soltan was sitting in traffic with her music teacher Saturday when she decided to get out due to the heat. "She got out of the car for just a few minutes," Caspian Makan said. "That's when she was shot dead."

GOVERNMENT'S RESPONSE: Iran's government reportedly barred Soltan's family from holding a public funeral on Monday. The New York Times' blog said Basij militia and police beat and arrested people who tried to hold a memorial for Soltan in a square in Tehran. (EXPRESS)

“Neda is a martyr. Pictures show contrast of a beautiful young life marred by hate and repression.”

— TWITTER NOTE POSTED MONDAY

See It: The graphic, disturbing video is online at Bit.ly/expneda.

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BENOIT TESSIER/AFP/GETTY IMAGES

French President Nicolas Sarkozy walks past guards before a speech on Monday.

Sarkozy Denounces The Burqa

French president says Muslim gown should be banned in public

PARIS | President Nicolas Sarkozy said the Muslim burqa would not be welcome in France, calling the full-body religious gown a sign of the "debasement" of women.

In the first presidential address to parliament in 136 years, Sarkozy faced critics who fear the burqa issue could stigmatize France's Muslims and said he supported banning the garment from being worn in public.

“The burqa is not a religious sign; it's a sign of subservience, a sign of debasement.”

—NICOLAS SARKOZY

“In our country, we cannot accept that women be prisoners behind a screen, cut off from all social life, deprived of all identity,” Sarkozy said to extended applause at the Chateau of Versailles.

Dozens of legislators have called for creating a commission to study a possible ban in France, where there is a small but growing trend of wearing the full-body garment despite a 2004 law forbidding it from being worn in public schools. (AP)



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World

N. Korea Warns U.S. Of Strikes

'Proud nuclear power' declares it will launch an attack if provoked

SEOUL, SOUTH KOREA | A North Korean-flagged ship under close watch in Asian waters is believed to be heading toward Myanmar carrying small arms cargo banned under a new United Nations resolution, a South Korean intelligence official said Monday.

Still, analysts say a high-seas interception — something North Korea has said it would consider an act of war — is unlikely.

The Kang Nam, accused of engaging in illicit trade in the past, is the first vessel monitored under the new sanctions designed to punish the North for its nuclear test in May. The U.S. military began tracking the ship on Wednesday.

On Monday, North Korea declared itself a "proud nuclear power" and warned it would strike if provoked. "It would be a grave mistake for the U.S. to think it can remain unhurt if it ignites the fuse of war on the Korean peninsula," said the country's main paper, Rodong Sinmun. HYUNG-JIN KIM (AP)

THAILAND | BEAR HUG



MICHAEL APPEL/AP

CREATURE COMFORT: Lin Hui, a 7-year-old giant panda, holds her 4-week-old baby at the Chiang Mai Zoo in northern Thailand Monday.

SHENANDOAH, VA. | SERVICE WITH SOME STYLE



HELPING HAND: Interior Secretary Ken Salazar joins volunteer and youth groups at Shenandoah National Park on Monday as part of a national kickoff for President Obama's new United We Serve campaign. Salazar helped the groups remove nonnative plants that had invaded the natural ecosystem.

PETER MAROVICH/DAILY NEWS-RECORD/AP

Mayor to Sue Md. for Raid

Man: Dogs' killings result of Pr. George's 'rogue' sheriff's force

WASHINGTON | A small-town mayor whose two black Labradors were killed by Prince George's County authorities during a raid at his home last summer complained Monday of a "paramilitary culture" within the sheriff's department as he announced a lawsuit.

Berwyn Heights, Md., Mayor Cheye Calvo said he planned to file a lawsuit Monday in Prince George's County Circuit Court against the state of Maryland and officials at the county sheriff's office and police department. Calvo is



Chey Calvo's two dogs, shown, were killed by Prince George's County police.

seeking unspecified damages and a court order forcing the county to revise how authorities execute warrants, treat animals and detain individuals.

"We had hoped that the sheriff's

office and county police department could exercise internal leadership to acknowledge wrongdoing and make these changes on their own," Calvo said.

Last summer, police raided Calvo's home after drug smugglers sent a package containing 32 pounds of marijuana to his residence. Police later cleared Calvo and his family of any wrongdoing.

The lawsuit claims that authorities' failure to knock or announce their entry, the "cold-blooded" killing of the dogs and the "degrading detention" of Calvo and his mother-in-law were the "direct and proximate result of a rogue, paramilitary culture" within the sheriff's department. (AP)

Fenty OKs Taxi Fare Rate Increase

WASHINGTON | D.C. Mayor Adrian Fenty has authorized the city's taxicab commission to raise fares by as much as 5 percent, but no more.

In an executive order signed last week, Fenty delegated to the commission his authority to review

and adjust taxicab meter rates by up to 5 percent without his prior approval.

Fenty's order limits fare increases to one per year. The commission can't establish any new surcharges without the mayor's approval, either. (AP)

The Lotteries

Monday, June 22

DISTRICT

Mid-day Lucky Numbers	1-1-9
Evening Lucky Numbers (Sun.)	9-2-7
Mid-day DC 4	8-6-3-7
Evening DC 4 (Sun.)	7-7-3-8

Rolling Cash Five (Sun.) **3-26-28-31-33**
Daily 6 (Sun.) **4-11-21-23-31-33 (38)**

MARYLAND

Mid-day Pick 3	9-3-4
Evening Pick 3 (Sun.)	8-5-4
Mid-day Pick 4	0-6-4-7
Evening Pick 4 (Sun.)	7-9-5-5
Match 5 (Sun.)	2-4-13-16-36 (25)

VIRGINIA

Mid-day Pick 3	7-1-4
Evening Pick 3 (Sun.)	0-1-9
Mid-day Pick 4	7-7-2-7
Evening Pick 4 (Sun.)	7-7-9-8
Mid-day Cash 5 (Sun.)	12-16-24-26-33
Evening Cash 5 (Sun.)	2-5-11-15-29

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Does Depression Run In Your Family?



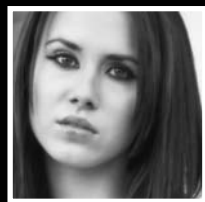
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04-M-0160/04-M-0002

Money



Kodachrome film was introduced in 1935 and became a huge success for Kodak.

Kodak Shelves Its Most Iconic Brand

Company announces it will halt production of Kodachrome film

ROCHESTER, N.Y. | Sorry, Paul Simon: Kodak is taking your Kodachrome away.

The Eastman Kodak Co. announced Monday it's retiring its oldest film stock because of declining customer demand in an increasingly digital age.

The world's first commercially successful color film, immortalized in song by Simon, spent 74 years in Kodak's portfolio. It enjoyed its heyday in the 1950s and '60s but in recent years has nudged closer to obscurity: Sales of Kodachrome are now just a fraction of 1 percent of the company's total sales of still-picture films, and only one commercial lab still processes it.

ONE LAST SHOT

At Kodak's request, photojournalist Steve McCurry will shoot one of the last rolls of Kodachrome film and donate the images to the George Eastman House museum, which honors the company's founder. McCurry took a famous Kodachrome picture of an Afghan refugee girl that appeared on the cover of National Geographic. (AP)

Those numbers and the unique materials needed to make it convinced Kodak to call its most recent manufacturing run the last, said Mary Jane Hellyar, president of Kodak's Film, Photofinishing and Entertainment Group.

"Kodachrome is particularly difficult [to retire] because it really has become kind of an icon," Hellyar said. CAROLYN THOMPSON (AP)

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Big Three Make Strides

Automakers' quality scores rise in annual survey of consumers

NEW YORK | Ford, General Motors and Chrysler have made strides in new vehicle quality over the last year, but they still lag their foreign competitors, according to a closely watched study released Monday by J.D. Power and Associates.

The initial quality of 2009 model year vehicles sold by the Big Three improved by an average of 10 percent from last year, the marketing and consulting company said. Industrywide, scores improved an average of 8 percent.

"The Detroit automakers are keeping their focus on designing and building high-quality vehicles, which is a precondition for long-term success," said David Sar-



General Motors, Ford and Chrysler are trying to regain the trust of U.S. consumers.

gent, vice president of automotive research at J.D. Power.

Lexus, Toyota Motor Corp.'s luxury line, was the top brand in J.D. Power's initial quality study, an annual survey of vehicle owners. Porsche was the No. 2 brand, followed by GM's Cadillac, then Hyundai and Honda.

J.D. Power's rankings were based on questionnaires from

80,900 people who bought or leased new 2009 vehicles between February and May. The questionnaires ask 228 questions on issues from handling, braking and engine trouble, to seat comfort and stereo systems.

The rankings are closely watched by automakers and consumers, and are frequently used in advertising. DAN STRUMPF (AP)

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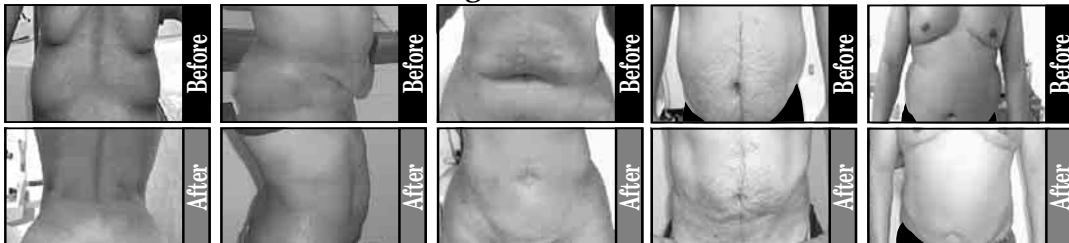
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Glover Reigns at Soggy U.S. Open

Emotional Mickelson comes up just short again after late surge

GOLF | In a final hour packed with emotion, Lucas Glover played a steady hand to win the U.S. Open.

So many amazing stories belonged to contenders all around him Monday at Bethpage Black, from Phil Mickelson's stirring bid to win for his beloved wife as she battles breast cancer, to David Duval's coming out of nowhere and almost winning for the first time in eight years.

Glover kept his cap tugged low and played the kind of golf that wins a U.S. Open under any conditions. He made only one birdie in the rain-delayed final round, and it could not have been timed any better. Glover holed a 6-foot putt on the 16th hole to break one last tie for the lead, then held on with pars to close with a 3-over 73 for a two-shot victory. "It was a test of patience, that's for sure," Glover said. "It was just heart today."

It was sheer heartache for Mickelson. The gallery came to life when



Lucas Glover holds up the championship trophy after winning the U.S. Open at Bethpage Black on Monday. He had just one birdie in his steady, final round.

Lefty rolled in a 35-foot birdie putt on the 12th, and he followed with an approach to 4 feet on the par-5 13th for an eagle that suddenly gave

him a share of the lead. Right when it was in his grasp, though, Mickelson let it slip away again.

He missed a three-foot par putt



HIS PHIL OF SECONDS
Mickelson set a record he didn't want with his fifth career second-place finish at the U.S. Open:

- 1999:** Payne Stewart's 15-foot par on 18 doomed Mickelson by one stroke.
- 2002:** Tiger Woods went wire-to-wire, leaving Mickelson to settle for the runner-up spot.
- 2004:** Mickelson's double bogey on 17 opened the door for Retief Goosen's win.
- 2006:** Mickelson hasn't won a major since his double bogey on 18 let Geoff Ogilvy take the title.

on the 15th hole, and another par putt from eight feet on the 17th that ended his dream finish. "Certainly, I'm disappointed," Mickelson said, "but now that it's over, I've got more important things going on." DOUG FERGUSON (AP)

In Brief

TENNIS
Federer Opens With Win

The new roof wasn't tested. Roger Federer was — briefly. The retractable roof stayed open Monday for the first match on Centre Court at Wimbledon, and Federer fell behind early before charging past Yen-hsun Lu of Taiwan, 7-5, 6-3, 6-2. Advancing on the women's side were 2002-03 champion Serena Williams and 2004 winner



Roger Federer is trying to earn his 15th career Grand Slam title at Wimbledon, Maria Sharapova. No. 17 James Blake was the first seeded player eliminated. (AP)

BASEBALL
Fehr Steps Down as Head Of MLB Players' Union

Donald Fehr is retiring as head of the baseball players' association after more than a quarter-century in charge of the powerful union. Fehr said Monday he will retire no later than the end of March. Subject to approval by the union's executive board, he will be succeeded by union general counsel Michael Weiner, his longtime heir apparent. Weiner will lead negotiations heading into the expiration of the current labor contract in December 2011. (AP)

CAPITALS
Hershey Coach Named Assistant in Washington

The Washington Capitals have promoted Bob Woods from Hershey to Washington, where he will join his good friend Bruce Boudreau behind the bench. Woods, a former defenseman, guided the Bears to the Calder Cup earlier this month and was an assistant under Boudreau when Hershey claimed the title in 2006. Woods replaced Boudreau in Hershey when Boudreau was promoted to Washington in 2007. (THE WASHINGTON POST)



MASCOTS Everything's Better With Cheese The College of William & Mary in Virginia is looking for a mascot, and ideas have ranged from a feathered horse to an asparagus stalk. The school said Monday more than 400 nominations have been submitted. The NCAA ruled in 2006 that the college could keep the Tribe nickname but its feathered logo was demeaning to American Indians and had to go. The asparagus stalk supporter notes that if served with cheese, the vegetable represents the school colors. (AP)

Swengali

NATIONALS | BY MATT SWENSON

A Series Worth Watching in D.C.

I DON'T WANT to like Bud Selig. Not that I know him personally, but he's the commissioner who oversaw the cancellation of a World Series. In general, he seems like a bit of a nebbish who's done everything in his power to stay in the big chair.

Then there is this tricky item when dealing with Selig's mostly unceremonious tenure: He added interleague play. Begun in 1996, the American League-National League battles are a bit passé now. It never became a bad idea, but most fans are used to it.

Nationals Park will be abuzz the next three days with the arrival of the Boston Red Sox.

This week in Washington, though, interleague play will really show its worth.

The Nats can't seem to generate any positive attention, as has been well documented. The stadium is usually half-empty, and Washingtonians go about their lives as though there is no baseball team.

Nationals Park will be abuzz the next three days with the arrival of the Boston Red Sox. Sure, most fans will be cheering for the Bostonians, but at least people are going to be interested in the national pastime in the nation's capital.

That's what interleague play is for: unusual matchups that will add interest and fill seats. The Red Sox will provide both those elements. It's going to be a fun week at the park.

Here's to you, Bud (just this once).

Sports

WELCOME BACK, SOX

For the first time since 1971, the Boston Red Sox invade D.C. for a 3-game series



BIG HITTING: David Ortiz looked more like "Big Pop-Up" than "Big Papi" through the first two months of the season, hitting .185 with only one homer. This month, though, he has found his stroke just in time to face the Nationals. He's hitting .308 with five home runs in June.

STRONG STREAK: During the Nationals' recent hot streak, the Nats had great success against AL East opponents, winning their series against the New York Yankees and the Toronto Blue Jays. Can that success translate in their series against the division leading-Red Sox?

FAMILIAR FACE, NEW TEAM: John Smoltz will be set to make his first start as a Red Sox player Thursday against the Nats. The future Hall-of-Famer and former Atlanta Brave is 21-12 lifetime with a 2.55 ERA in 68 appearances against the Montreal/Washington franchise.

UNITED BY TED: Perhaps the most important link between the two franchises is Ted Williams, who is arguably the greatest Red Sox player of all time. He managed the Washington Senators from 1969 until the team moved out of D.C. after the 1971 season.

WHERE WE LEFT OFF: In their last game against the Red Sox before the move to Texas, the Senators lost 4-3 on Sept. 19, 1971. Washington went on to finish the season with a dreary 63-96 record, while Boston finished a very respectable 85-77.

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Sports

Redskins Limit Tailgating

REDSKINS | The Washington Redskins will restrict large tailgate parties in the FedEx Field parking lots this season, limiting tailgates using more than one parking space to “the back” of parking lots, according to a release from the team. The team also said drivers of all vehicles will be directed to specific areas of the lots instead of being allowed to choose their own.

In the past, early arrivals were greeted by something of a free-for-all in the empty lots, leaving a chaotic checkerboard pattern as



JOHN McDONNELL/TWP

The Redskins will restrict tailgating to the back of FedEx Field's parking lots.

fans staked out spots and erected tents, grills and buffet lines. The system also led to gridlock when later-arriving cars pulled in.

But to many fans, the system helped foster a community atmosphere. As news of the change spread, so did complaints “It’s ridiculous,” said Ted Abela, a Redskins tailgater. “People that arrive there first and get there early are being reprimanded and moved to the back of the parking lot.”

Redskins chief operating officer Mitch Gershman said the effects of the new restrictions will be minimal. “Everyone who wants to tailgate should be able to tailgate.”

DAN STEINBERG (THE WASHINGTON POST)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) Can the Nats' fortunes against the AL East continue when the Red Sox come to town?

ORIOLES (7 P.M. ON MASN2) The

O's and Marlins open their series in Florida.

COLLEGE BASEBALL (7 P.M. ON ESPN) Game 2 of the College World Series finals between LSU and Texas is on.

TENNIS (7 A.M. ON ESPN2) Early round action continues at Wimbledon.

WNBA (7:30 P.M. ON ESPN2) The Phoenix Mercury visits the San Antonio Silver Stars.



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Q I have escalating tensions with my townhouse neighbor. We had a conflict early on about her insistence on having loud parties and letting her dog go all over my front yard. I thought things were better, but now I am getting a series of hang-ups on my land line from a number that I am 99 percent sure is hers, and, occasionally, she will be drunk and yell at me from her deck late at night. The last straw was that I found smashed beer bottles thrown onto my deck. — ICK! IN VA.

First, you have to start documenting everything that's going on. We can't know for sure that she's the culprit, though it certainly seems to fit her boozy MO. But your big-



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gest concern should be not letting this escalate — don't let your understandable frustration lead you to up the ante. You might also consider writing her a simple note (no passive-aggression allowed!). Don't accuse her of anything, but say

you're sorry that it seems like friction has developed and that you'd like to start over; you respect her and want peace. If she continues to antagonize you, contact your homeowners association (they're good for more than carping about the

color of your door) and local law enforcement for guidance.

Praying for Compromise

Q My girlfriend and I do not agree about one thing and one thing only — how we would raise our children in terms of religion. I do see us together in the future. But she comes from a strong religious background (not too observant), and I'm not a believer. She sees her family's religious traditions as something that would absolutely be a big part of our children's lives. This is the stuff that breaks couples up, isn't it? — QUANDARY

Not necessarily. In fact, few things are absolutes when it comes to making marriages impossible, except the great HD/non-HD divide.

The biggest question here is how much you both are willing to compromise. To what extent do you truly respect the presence

of her beliefs? Would she be comfortable exposing your children, as they age, to both points of view and letting them decide for themselves? Would either or both of you be comfortable with keeping up the cultural traditions while somewhat detaching them from the traditional religious aspects? How would your families react to your children being raised differently than you were? How do your different beliefs affect your beliefs about everything from gender roles to sin to forgiveness to the holy teenage trinity of sex, drugs and alcohol?

You'll overcome this difference only if you can communicate honestly, patiently and respectfully. It's a question that won't be answered just once; you'll need to agree to be flexible about working out the nuances till death do you part (yup, it'll be an issue at the funeral).

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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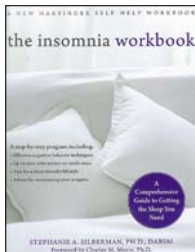
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GUINEA**PIG**

Putting Yourself Through Heel?

■ Yeah, we know that wearing towering peep-toes or tall-as-the-Washington-Monument pumps can make both backs and feet ache. But our style-loving tester was unwilling to resign herself to a life of ballet flats and an Easy Spirit frequent buyer card. Dr. Scholl's

For Her High Heel insoles (\$10, drug stores), arch- and foot ball-cushioning gel inserts were designed to make even the cruelest Manolos and Choos bearable.



Our fashionista victim popped them into a her 3-inch stiletto sandals for a cocktail party and found that the clear plastic, chicken cutlet-textured things helped her stand comfortably long after she ordinarily would've thrown off her shoes or thrown herself on a sofa. The squishy arch section, meant to shift weight from the ball to the heel of the foot, made walking easier, too. It also, however, caused minor chafing on the bottom of her tootsies. Still, this seemed a small price to pay for a literal spring in her step. JENNIFER BARGER (EXPRESS)



NEW WAVE

Why drink just one super-fruit when you can down two in a single glass? That's the push behind Ocean Spray's new pomegranate flavors (\$3.59, for 64 ounces of Ruby or Cran). While you sip, try to think about the fact that the tangy blends offer 100 percent of your daily vitamin C, not that they'd taste divine with vodka.



GOT YOUR SLUMBER

Curl up with a copy of *"The Insomnia Workbook"* (\$21.95, New Harbinger), and Stephanie Silberman will walk you through the basics of seeing a cognitive behavioral therapist to handle your sleep woes. Quizzes galore, tips for sleep hygiene and anxiety advice should help you get some Z's.



POCKET PICK

Can't bear the thought of being without your iPhone — even during exercise? Stick your baby into an Armpocket Sport 20 (\$29.95, Armpocket.com), which comes with a touch-through window, along with enough space for your keys, an energy bar, your ID and more.



BUGGING OFF

Human flesh isn't as attractive to nibbling insects when it's pumped full of vitamin B1, which is what Don't Bite Me Patches (\$4.99 for five, Dontbitemepatch.com) are for. Stick a transparent square on and the bugs are supposed to find you foul for 36 hours, even if you take a dip in the pool.

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EXPERTADVICE



Bridging the Gap Takes Training

■ Meet Clark Kent of the aquatic set: Most of the time, Brian Benda, 38, is a mild-mannered civil engineer who designs bridges. But when he gets the chance, he sheds his suit for a Speedo, fires up his freestyle and swims under bridges instead.

Two weeks ago, the Parkton, Md., resident played Superman again when he won — for the second time — the Great Chesapeake Bay Swim, a 4.4-mile race under the Bay Bridge that bills itself as “the nation’s premier open-water swim.”

With his time of 1:34, Benda bested about 650 other super-fit athletes from all over the country, while also contending with the vagaries of the bay.

But despite fighting rough water and a strong current, Benda played down his accomplishment. “I was actually going pretty slow for the first four miles,” he said. “It was really that last half-mile when the pace picked up—that’s when you put the pedal down.”

To strengthen that inner motor, Benda had to get in touch with his amphibious side. He swims three times a week for an hour or more in a 50-meter pool—the extra length helps with endurance—and complements the wet workouts with running and biking. (He does triathlons, too.)

Despite his victory, Benda claims to be a normal guy: “I’m just doing it to stay in shape—if I didn’t have a race on the calendar, I wouldn’t work out.” But when the goggles are on, stand back. AMANDA ABRAMS



Shawn Petersen shows off his signature spike move, which must make it to the back half of the court to count in Hooverball.

Heave It Like Hoover

No prohibition against playing the former prez’s favorite sport

Herbert Hoover has gone down in history as the president associated with the Great Depression, not the great physique. But back when he lived at 1600 Pennsylvania Avenue, he was bent on keeping in shape. His workout of choice: A game invented for him by White House physician Admiral Joel T. Boone, soon dubbed “Hooverball.”

The objective was simple: Chuck a medicine ball over a volleyball net as quickly as possible, and hope your opponents can’t catch it and

throw it back to you. “It required less skill than tennis, was faster and more vigorous, and therefore gave more exercise in a short time,” Hoover wrote in his memoirs.

Although it never managed to catch on with the masses, the sport lives on in Hoover’s hometown of West Branch, Iowa — and Baltimore’s Patterson Park.

“We get to throw around heavy things. What’s not to like?” says Greg Ealick, 45. He’s part of the Charm City crew, which formed nine years ago after one of them heard a report on NPR about nationals in Iowa. Without understanding the specifics, they decided to train to compete the next year and proceeded to practice on a sandy court (rather than friendlier

grass) with 8- and 12-pound hard rubber balls (instead of the standard soft 4- or 6-pounders). “You couldn’t type for days afterward because we’d jam all of our fingers,” recalls George Cerny, 37.

But they made it to West Branch, where the locals warmly welcomed their fellow Hooverball enthusiasts, taught them how not to injure themselves and then beat them in every match. The Baltimoreans didn’t take defeat too hard, and they’ve kept playing and returning to Iowa each August.

What started as a bit of a joke has become a beloved hobby. “It’s a weird, fun thing to do,” explains Ron Zucker, 44. “I’m an old fat guy, and it’s a great workout. I’m not going to motivate otherwise.”

Indeed, Hooverball is an effective exercise regimen. Four pounds may not sound heavy, but when you have to fling it 30 feet in the air or grab it as it hurtles toward you, it suddenly seems much heavier. “Weight lifting is the best thing to

OUT TO THE BALL GAME

→ Anyone’s welcome to join the gang in Patterson Park. Just sign up for the listserv by e-mailing Baltimorehooverball-subscribe@yahoo.com. And Ron Zucker (Ron@motherzucker.com) is looking to start a D.C.-area game if enough people are interested.

prepare,” says Kristin Richards, 27. “I still struggle to get the ball over the net.” Her boyfriend, Steve Mell, 26, learned she wasn’t kidding during his debut game. “I thought it was going to be easy until I caught it for the first time. It knocked the wind out of me,” he says.

Playfulness adds to the calorie burn — Cerny tends to pirouette as he releases the ball to give it extra spin, catches are often accompanied by dives and somersaults, and you’d better prepare for soreness if you get into a “slam.” That’s when two players stare each other down and have a toss-off. “You’re trying to wear the other guy down. You throw it right at each other,” explains organizer Earl Millett, 34.

Shawn Petersen, 36, who’s known for his signature spike — like in volleyball, but it has to travel to the back half of the court — describes Hooverball as all the exercise he needs. “It’s a game you can play once a week and feel like you’re getting a full-body workout,” says Petersen, who got something else while perfecting his game: his wife, Shelly. (Their wedding cake was shaped like a Hooverball.)

No matter how much they love the sport, they haven’t found affection for it in D.C. Millett’s attempts to get a game going on the White House’s South Lawn (where Hoover played virtually every day at 7 a.m.) or the National Mall have been rebuffed by authorities. They’re probably jealous they don’t have a sport named after them.

VICKY HALLETT (EXPRESS)

Something to Talk About

Workouts end with supportive discussions at Transform Fitness

People peeking inside Rockville's Transform Fitness (6001 Montrose Road; 240-383-8402; Transform fit.net) often aren't sure what to make of the studio. "Are you open? You don't have any machines," they keep telling owner Anne Johns, who explains to them that her arsenal of functional fitness tools — including tubing, balls, sandbags and kettlebells — is all anyone really needs.

Well, that and a room that's empty except for a couple chairs.

They're not props for balance exercises or triceps dips. The seats are simply for sitting and talking, which Johns hopes to make as integral a part of her clients' experience at Transform as sweating.

"As a trainer, I found the biggest hang-up wasn't knowing you need to exercise or how to eat well. It's how to get around the mental barriers," Johns says. "Coaching is the missing link in making these lifelong changes."

The idea is to pair workouts with check-in discussions, either for individuals or groups with similar struggles. Think new parents, chronic pain sufferers — or people looking to lose significant amounts of weight, such as Mannie Pallia, 40, and Geneva Hoey, 54.

When the two ladies showed up for a recent Transform session, Johns started them out with an exhausting circuit training routine. They played toss with a medicine ball, assisted each other with push-ups, hugged a heavy bag to lift it off the ground, took turns dead-lifting a 63-pound bar and more, working their muscles and raising their heart rates higher with each rep.

But instead of going from there straight to the showers, they headed to the meditation room with Johns and Kate Wissman, the wellness



Transform Fitness (not pictured above) embraces the idea of using supportive discussions to bolster a workout program.

coach, for part two of their workout. With eyes closed, they focused on their breathing while Johns offered a reading about empowerment.

And then it was time to open up. "My work computer has been

focusing on that success and how it's been feeling. I can't control the situation, but I can control how I react to it."

"You can't stop the thought or the feeling with food," added Hoey,

“As a trainer, I found the biggest hang-up wasn't knowing ... how to eat well. It's how to get around the mental barriers.”

broken for two days, and my first thought was 'vending machine,'" recounted Pallia, who's on a quest to drop 200 pounds. "Instead, I came here and worked it out. I'm

who said her greatest coups of the week were realizing that she could climb stairs more easily and actually enjoyed her new diet plan. "I'm excited about apples and cottage

cheese." That segued into talk of goal setting — size-12 clothes for Hoey, and for Pallia, the ability to chase after her toddler niece.

Although Johns and Wissman are there to guide and inspire discussion, and they might have a reading or exercise in mind, there's no set plan. "It's not a classroom. We just want to go into what folks need," Wissman says.

For this duo, that was the chance to rehash some of their recent decisions and feelings. "There's no judgment here," Pallia said. Just a few powerful chairs. VICKY HALLETT (EXPRESS)

TRAILBLAZER



Keep Tourists On 2-Wheelers

■ D.C.'s become more than the nation's capital. It's a bike capital, too. And area hotels are helping your out-of-town guests saddle up to see the city.

The Park Hyatt Washington (24th and M streets NW; 202-789-1234; Parkwashington.hyatt.com) began offering complimentary wheels to guests a couple months ago. Just sign up a week in advance and a hybrid cycle is yours to use for four hours. Helmets, a lock, water and a map of area cycling trails are also provided for free.

Across the Potomac in Old Town Alexandria, the Hotel Monaco (480 King St.; 703-549-6080; Monacalexandria.com) and the Lorien Hotel and Spa (1600 King St.; 703-894-3434; Lorienhotelandspa.com) also offer bikes for guests. The Monaco's 15 rides are available on a first-come, first-served basis. The Lorien's cruisers come as part of an all-inclusive package available through Aug. 31. A \$199 room rate includes a bike map, gourmet picnic lunch, tickets to Mount Vernon and a Potomac River cruise. The only requirement: Make reservations 24 hours in advance.

And if you're headed out of town and looking for wheels wherever you roam, don't forget about the new site Rentabikenow.com. Enter your destination's ZIP code and it'll help you reserve your choice of bike from a nearby shop. The service, unfortunately, isn't so hot for D.C. — there's just one option within city limits. KRIS CORONADO (EXPRESS)

Made for Each Other

These ingredient combos work together with ‘food synergy’

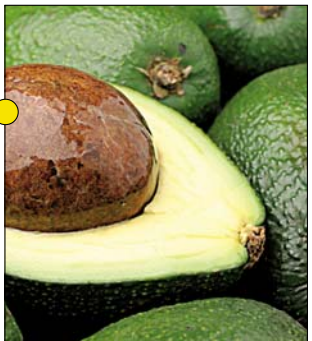
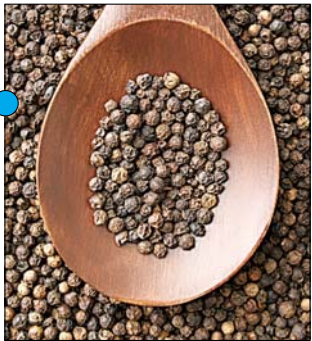
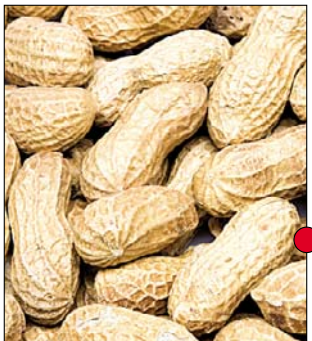
Who came up with the idea that we are supposed to drink orange juice at breakfast? And why, if oatmeal is so good for us, do we eat that only in the morning, too? Nutritionists are starting to realize that you and I like our oatmeal and OJ before we start the day because we evolved to like it that way — because enjoying the two together is healthier than eating each of them alone.

Epidemiologist David R. Jacobs of the University of Minnesota calls it “food synergy,” and he, along with many other nutritionists, thinks it might explain why Italians drizzle cold-pressed olive oil over tomatoes and why the Japanese pair raw fish with soybeans.

“The complexity of food combinations is fascinating because it’s tested in a way we can’t test drugs: by evolution,” Jacobs says. What’s more fascinating, however, is that the evolution between eater and eaten might answer the long-held question about why humans live longer, healthier lives on traditional diets. As researchers work to unravel the complexities of the interactions of the foods we eat, try these combinations.

Tomatoes & Avocados

Tomatoes are rich in lycopene, a pigment-rich antioxidant known as a carotenoid, which reduces cancer risk and cardiovascular disease. Fats make carotenoids more bioavailable, a fact that makes a strong case for adding tomatoes to your guacamole. This may also explain why we love olive oil drizzled over fresh tomatoes. And when it comes to salads, don’t choose low-fat dressings. A recent Ohio State University study showed that salads eaten with full-fat dress-



ings help with the absorption of another carotenoid called lutein, which is found in green leafy vegetables and has been shown to benefit vision. If you don’t like heavy salad dressing, sprinkle walnuts, pistachios or grated

cheese over your greens.

Oatmeal & Orange Juice

A study from the Antioxidants Research Lab at the U.S. Department of Agriculture shows that drinking vitamin C-rich orange

juice while eating a bowl of real oatmeal (read: not processed) cleans your arteries and prevents heart attacks with two times as much efficacy than if you were to ingest either breakfast staple alone. The reason: The organic compounds in both foods called phenols stabilize your LDL cholesterol (low-density lipoprotein, or so-called “bad” cholesterol) when consumed together.

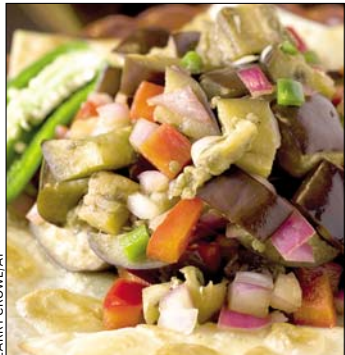
Peanuts & Whole Wheat

Diane Birt, a professor at Iowa State University and a food synergy expert, says the specific amino acids absent in wheat are actually present in peanuts. You need, and very rarely receive in one meal, the complete chain of amino acids (the best form of protein) to build and maintain muscle, especially as you get older. In short, while this combo exhibits only what Birt calls a “loose definition” of food synergy, it gives good evidence that a peanut-butter sandwich isn’t junk food if it’s prepared with whole-wheat bread (not white) and eaten in moderation (once a day). So, enjoy a peanut-butter sandwich right after a workout instead of drinking a terrible gym-rat shake. Just make sure the peanut butter doesn’t have added sugar or chemical ingredients you can’t pronounce.

Turmeric & Black Pepper

A tangy yellow South Asian spice used in curry dishes, turmeric has long been studied for its anti-cancer properties, anti-inflammatory effects and tumor-fighting activities known in nutrition-speak as anti-angiogenesis. The active agent in the spice is a plant chemical, or polyphenol, called curcumin. One of the problems with using turmeric to improve your health, however, is its low bioavailability when eaten on its own. But there’s a solution, and it’s probably in your pantry: Adding black pepper to turmeric enhances curcumin’s bioavailability by 1,000 times. Translation: You’ll get the benefits of turmeric if you pepper up your curries. ADAM BAER (REPRINTED WITH PERMISSION OF MEN’S HEALTH MAGAZINE © RODALE INC.)

EATING IN



Serve this as a dip with rice crackers or use it as a topping for grilled salmon.

ROASTED EGGPLANT SALSA

30 MINUTES; SERVES 6

INGREDIENTS:

- 1 large eggplant (about 1 pound), ends trimmed, cut into 1-inch cubes
- 1/4 CUP rice vinegar
- 2 TBSP sesame oil
- 4 TSP soy sauce
- 1 TBSP minced fresh ginger
- 1 TBSP sugar
- 1 large red bell pepper, cored and diced
- 1 small red onion, diced
- 1 jalapeno pepper, seeded and finely chopped
- Salt and ground black pepper, to taste

HEAT THE OVEN to 400 F. Coat a baking sheet with cooking spray.

Arrange the eggplant cubes on the prepared baking sheet and roast, stirring occasionally, for 20 minutes, or until lightly browned and completely tender. Cool slightly.

Meanwhile, in a large bowl, combine the vinegar, sesame oil, soy sauce, ginger and sugar. Stir to dissolve the sugar. Add the red pepper, onion, jalapeno and roasted eggplant.

Toss to combine, and season with salt and pepper. (AP)

78 calories, 2 g protein, 9 g carbs, 5 g fat, 0 mg cholesterol, 539 mg sodium, 3 g fiber

STETHOSCOPE



ISTOCK

SLEEP

Better Dozing Duos

■ You know that rule about not going to bed angry with your spouse? Findings presented at the annual meeting of the Associated Professional Sleep Societies back it up. In a study of 29 couples, bad blood before bedtime led to a lousy night's sleep for both partners. And when guys didn't get quality shut-eye, that lowered their rating of their relationship quality the next day.

VIOLENCE

Big Gang Theory

■ The "Bloods" is a scientifically astute gang name, because the reason many of their members have probably joined is in their veins. According to a study in *Comprehensive Psychiatry*, males with a variant of the gene monoamine oxidase A (MAOA) are more likely to become part of a gang and serve as its most violent members. Researchers suspect the MAOA gene affects levels of neurotransmitters linked to mood and behavior.

INJURIES

Call in the Geek Squad

■ Computers might not have turned into an evil HAL-like species — yet — but they're still doing damage, according to a study in the *American Journal of Preventative Medicine*. In 2003, 10,000 people in the U.S. were injured by computers, mostly from tripping over wires or being hit by falling equipment. The number of incidents decreased slightly (possibly because of lighter screens) in more recent data.

If You Do Brazil, Know This Drill

Waxing in the nether regions can be a risky beauty treatment

All Jennifer (not her real name) wanted was a smooth bikini line. But within 24 hours of getting a wax at a reputable New York City salon, an infection crept in. She developed a fever of 102 F, chills and pain in her left thigh. "I thought I'd caught a cold," she says, "but after five days, the pain was worse."

Her doctor diagnosed her with cellulitis, a potentially life-threatening bacterial infection of the

“It took me months to recover physically and emotionally from the whole ordeal — a steep price to pay for a little vanity.”

skin and the underlying tissue. Jennifer spent the next 15 days in the hospital hooked up to an IV that pumped her full of antibiotics and heavy-duty painkillers. She also had surgery to drain the infection. "One doctor said I could have lost my leg!" she recalls. "It took me months to recover physically and emotionally from the whole ordeal — a steep price to pay for a little vanity."

While there are no reliable stats on waxing-related complications, Jennifer's experience wasn't unique. This past March, New Jersey nearly banned Brazilian waxes after two women landed in the hospital as a result of them (one of the women filed a lawsuit against the state cosmetology board). And in 2007, an Australian woman with type 1 diabetes almost died of a bacterial infection she suffered after a bare-it-all waxing session.



GETTY IMAGES

You should always watch your waxer to make sure the process goes smoothly.

DOC'SORDERS

CHOOSE A FACILITY CAREFULLY

Before you make an appointment, drop by to see how clean the place is, or ask a friend to recommend a salon she trusts. Be sure the cosmetologist or aesthetician you choose is licensed by your state and has received training in Brazilian waxing, says Rosanne Kinley, past president of the National-Interstate Council of State Boards of Cosmetology.

ASK ABOUT THE WAX

"Hard wax is best. It's gentler and adheres to the hair, not the skin," Kinley says. "Speed wax, which is soft and sticky, is applied with a roller applicator, and while it's fast and

easy, it's more painful and more likely to tear skin." Sugaring, a natural method that's kinder to the skin than waxing, is a good alternative. Look for products that are chemical-free; Shobha (\$22, Myshobha.com) contains nothing but sugar, water, lemon juice and glycerin.

KEEP AN EYE ON HYGIENE

Before beginning the process, the practitioner should scrub up or (at least) apply hand sanitizer. Double-dipping in the wax is taboo because it introduces bacteria into the pot. "The waxer should have brand-new spatulas available for each swipe to your skin," Kinley says. To prevent burns, she should check the wax's temperature on the inside of her wrist before applying it to your skin. If you don't see the practitioner taking these steps, speak up.

What makes them risky? "Pubic hair is there for a reason — to protect the sensitive skin and mucous membranes in the genital region," explains Linda K. Franks, an assistant clinical professor of dermatology at the New York University School of Medicine. "Getting a wax literally strips away that layer of protection."

Waxing can also pull off tiny pieces of the skin's outermost layer, creating a portal through which bacteria can enter the body. What's more, the process creates inflammation, which can trap bacteria beneath the skin. All of this sets the stage for skin infections (including staph), folliculitis (infection of the hair follicles) and ingrown hairs.

"Anytime you compromise the integrity of the skin, you're going to increase your risk of infection," Franks says.

She advises people who have diabetes, chronic kidney or liver disease, skin conditions such as eczema or psoriasis, or weakened immune systems to avoid waxing altogether. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

PREVENT IRRITATION

For a few days after your wax, apply an over-the-counter topical antibiotic cream and an anti-inflammatory 1 percent hydrocortisone cream to the area, says Bruce Robinson, an associate clinical professor of dermatology at the Mount Sinai Medical Center in New York City. This will ease irritation and help ward off potential infection.

KNOW THE SIGNS OF INFECTION

Check yourself with a hand mirror (look for inflamed ingrown hairs; rashes; or raw, open sores or cuts). "See a doctor ASAP if you develop redness or swelling in the area, an itching or burning sensation, peeling of the skin or a fever," Robinson says. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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VIRGINIA

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SAFEWAY 



The Washington Post

If you don't get it, you don't get it.



Honest to Blog?

Perez Hilton claims the Black Eyed Peas' manager hit him | **34**

lookout

Not That Complicated

Denise Richards' life appears to be much simpler on this season of her reality show

Q&A | Denise Richards' reality show is called "It's Complicated," but her life seems less complex now that she's reached an understanding with ex-husband Charlie Sheen after a messy divorce.

Season 2 of the show airs Sundays at 10:30 p.m. on E!

Tell us about Season 2 of "It's Complicated."

I really wanted everything to be very authentic, so we shot from

“I don't know what it is about my girlfriends, but when we get together, we cuss a lot.”

December until May. You really see me balance my career with being a mom.

Cameras followed you that whole time?

People think cameras follow you 24/7. It's really not like that. We have set hours, set days, just like any scripted show.

Are your daughters (Sam, 5, and Lola, 4) featured?

My girls are in it, but very little — less than they were the first season.



WORKING MOTHER: Denise Richards' show, "It's Complicated," displays her life on professional and personal levels — at work and at home with her daughters.

Charlie [Sheen] was actually OK with them doing it, so it's good.

Speaking of Charlie, how are things going with him?

Things with Charlie are definitely much better. We're in a very good place.

There was a funny episode the first season where you tried to cut back on swearing. How's that working out?

Well, I never, ever swear around my kids. But I don't know what it is about my girlfriends, but when we get together, we cuss a lot.

We see your dad start to date again this season. Is that hard for you?

It is hard to see my dad get back out there, but it's harder for me to see him live the rest of his life with a broken heart. Whatever negative feelings I may have are not his problem; they're my problem.

If you weren't acting, what would you be doing?

I think I would be a lot of things: an interior designer [laughter], a makeup artist and a veterinarian [laughter]. All three of them!

You use Twitter. Why?

Things have changed so much in our business. When I started, it was better to be a little mysterious, and I think the fans want to feel connected and feel like you're relatable. I want people to see who I really am. ALICIA RANCILIO (AP)



Bixler-Zavala and Rodriguez-Lopez.

Fifth Time And Still Charmed

The Mars Volta puts out mellow, addictive rock on 'Octahedron'

MUSIC | Prog-rock's the Mars Volta shows a softer side but still rocks hard on its fifth studio outing, "Octahedron."

A partnership between guitarist Omar Rodriguez-Lopez and vocalist Cedric Bixler-Zavala, the Mars Volta soars just as high with acoustic guitars as it does with blazing riffs and a space-rock atmosphere.

The prolific Rodriguez-Lopez effortlessly weaves elements of punk, funk, psychedelia, jazz fusion and Latin grooves into the mix, while Bixler-Zavala teams a scorching falsetto with an impressive vocabulary on his vocals.

They kick off with a light touch on "Since We've Been Wrong." The disc closes with the manic one-two punch of "Copernicus," which floats into deep electronics, and the cryptic "Luciforms," with a trippy opening that builds into wah-wah euphoria. JOHN KOSIK (AP)

ROLES Big Step "Dancing With the Stars" mainstay Julianne Hough will be punching her card for "Footloose." The dancer, singer and choreographer will join Chace Crawford for her feature film debut in Paramount's remake of the 1984 film, assuming her scheduling works for the March shoot. Kevin Bacon and Lori Singer starred in the original, which told the story of a rebellious outsider who moves to a new town where music and dancing are banned, and proceeds to shake everything up. (THE HOLLYWOOD REPORTER)



Prepping for the ‘Battlefield’

Jordin Sparks aims to get folks pumped about her upcoming sophomore album

MUSIC | Even Jordin Sparks knows how giddy she sounds. As the 19-year-old singer rattles off a list of favorite tracks from her new album, “Battlefield” — out July 21 — her excitement is contagious. “I can’t wait for you to hear them,” she says. “I’m sure you can hear the smile in my voice.”

There are plenty of reasons Sparks is so happy. She’s been able to give her second set more attention than her 2007 self-titled debut, which was recorded in four weeks and rushed to stores soon after the Phoenix, Ariz., native won “American Idol.” That album sold

1 million copies. This time, Sparks spent four months writing and recording, entering the studio in January and working with Dr. Luke, Stargate, Ryan Tedder of OneRepublic and T-Pain. “It’s an amazing feeling to put my experiences on paper and, all of a sudden, it becomes a song,” Sparks says.

Like Sparks’ debut, “Battlefield” leans heavily toward mid-tempo pop ballads with some songs skewing into R&B territory. The title track debuted at No. 23 on the Billboard Hot 100 the week after Sparks introduced it as her first single on “Idol.” Another standout track is the Dr. Luke/T-Pain collaboration “Watch You Go,” the only song that features another artist.

Choosing “Battlefield” as the



GETTY IMAGES

For her new album, Jordin Sparks took a more active role in the writing process.

first single was a bold decision, since the song finds Sparks singing assertively about the dark side of love. Her new manager says it fit with their strategy to present Sparks in a new light.

“Jordin started out as the youngest ‘American Idol’ win-

“Now it’s important for Jordin to tell everyone, ‘I am a strong woman, and I have something to say.’”

ner and had all the blessings that come with that,” says Kevin Jonas, who’s also the manager (and father) of the Jonas Brothers, and handles Sparks with his partner Phil McIntyre. “But now it’s important for Jordin to tell everyone, ‘I am a strong woman, and I have something to say.’”

MONICA HERRERA (BILLBOARD)

REGAL ENTERTAINMENT GROUP

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

THE PROPOSAL (PG-13) ★ (1110 1240 145 330 420) 610 720 850

THE YEAR ONE (PG-13) (1140 210 450) 740

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1230 135 310 410) 610 710 850

OC & DA: TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1105 AM)

IMAGINE THAT (PG) (1130 200 440) 730

HANGOVER (R) - ID REQ'D (1115 1200 150 240 420 510) 700 800 940

UP 3D - SPECIAL EVENT PRICING (PG) ★ (1100 130 400) 640 910

UP (PG) (1210 PM 300 PM) 600 PM

NIGHT AT THE MUSEUM II (PG) (1100 125 350) 650

STAR TREK (PG-13) (1220 PM 310 PM) 630 PM

LAND OF THE LOST (PG-13) (220 PM 500 PM) 750 PM

ANGELS AND DEMONS (PG-13) (1120 AM)

TERMINATOR SALVATION (PG-13) 830 PM

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

THE PROPOSAL (PG-13) ★ (1200 150 250 430 530) 715 815 1000 1045

THE YEAR ONE (PG-13) (1145 230 500) 745 1015

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1210 120 245 520) 710 810 1040

OC & DA: TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (420 PM) 940 PM

IMAGINE THAT (PG) (1245 415) 650 920

HANGOVER (R) - ID REQ'D (1215 200 300 440 530) 730 830 950 1050

LAND OF THE LOST (PG-13) (100 400) 700 945

UP 3D - SPECIAL EVENT PRICING (PG) ★ (1150 215 450) 740 1010

UP (PG) (115 PM 345 PM) 640 PM

DRAG ME TO HELL (PG-13) (240 510) 800 1030

NIGHT AT THE MUSEUM II (PG) (1230 330) 630 915

TERMINATOR SALVATION (PG-13) 830 PM

ANGELS AND DEMONS (PG-13) (1145 AM)

STAR TREK (PG-13) (1250 410) 720 1020

UA SNOWDEN SQ STADIUM 14

9151 Commerce Ctr Dr 800-FANDANGO 570#

THE PROPOSAL (PG-13) ★ (1130 1230 200 300 430 530) 700 800 945 1045

THE YEAR ONE (PG-13) (1125 145 415) 730 1000

IMAGINE THAT (PG) (1150 220 450) 720 955

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1140 115 210 400 500) 645 745 915 1015

HANGOVER (R) - ID REQ'D (1145 1245 215 315 445 545) 715 815 935 1035

LAND OF THE LOST (PG-13) (1220 250 520) 755

UP 3D - SPECIAL EVENT PRICING (PG) ★ (1135 205 435) 705 930

UP (PG) (1205 235 505) 805

OC & DA: NIGHT AT THE MUSEUM II (PG) (245 PM) 1020 PM

NIGHT AT THE MUSEUM II (PG) (1215 PM 515 PM) 750 PM

TERMINATOR SALVATION (PG-13) 1030 PM

ANGELS AND DEMONS (PG-13) (1240 345) 650 950

STAR TREK (PG-13) (100 405) 735 1025

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

MAJESTIC STADIUM 20

900 Ellsworth Dr Silver Spring, MD 240-393-4826

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

THE PROPOSAL (PG-13) ★ (1105 1210 140 240 425 540) 715 815 1000 1100

THE YEAR ONE (PG-13) (1145 210 500) 745 1030

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1220 245 510) 735 1015

OC & DA: TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1055 115 345) 615 835 1035

IMAGINE THAT (PG) (1105 AM)

HANGOVER (R) - ID REQ'D (1100 1140 1240 130 215 320 415 450) 600 645 710 730 830 930 1010 1115

UP 3D - SPECIAL EVENT PRICING (PG) ★ (1112 225 135 255 330 350 515 545) 620 740 810 840 1005 1105

UP (PG) (1130 1230 200 300 430 530) 700 800 940 1040

LAND OF THE LOST (PG-13) (1050 AM 400 PM) 625 PM

DRAG ME TO HELL (PG-13) (125 PM) 855 PM 1120 PM

DANCE FLICK (PG-13) (1235 PM)

NIGHT AT THE MUSEUM II (PG) (1115 220 445) 725 955

TERMINATOR SALVATION (PG-13) (1245 325) 655 935

ANGELS AND DEMONS (PG-13) (1235 515 540) 800 1025

STAR TREK (PG-13) (100 PM 405 PM)

ROYALE STADIUM 14

6505 America Blvd Hyattsville, MD 301-864-3456

THE PROPOSAL (PG-13) ★ (1215 255 525) 755 1030

THE YEAR ONE (PG-13) (1245 325) 655 935

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1235 515 540) 800 1025

IMAGINE THAT (PG) (1230 105 300 330 440 530) 640 710 810 910 945 1040

HANGOVER (R) - ID REQ'D (1220 1250 250 320 520) 720 750 940 1010

UP 3D - SPECIAL EVENT PRICING (PG) ★ (1200 1240 230 310 500) 705 735 1000

UP (PG) (1225 420) 745 1035

DRAG ME TO HELL (PG-13) (1255 350) 650 920

NIGHT AT THE MUSEUM II (PG) (100 415) 715 955

TERMINATOR SALVATION (PG-13) (1205 PM)

ANGELS AND DEMONS (PG-13) 950 PM

STAR TREK (PG-13) (1240 PM 920 PM)

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

LAND OF THE LOST (PG-13) (1200 1240 230 310 500) 705 735 1000

BETHESDA 10

1727 Wisconsin Avenue 800-FANDANGO 565#

THE PROPOSAL (PG-13) ★ (100 320 540) 800 1025

THE YEAR ONE (PG-13) (1150 220 450) 720 950

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1200 1240 230 310 500) 705 735 1000

IMAGINE THAT (PG) (1140 1230 210 300 440 530) 710 800 940 1040

HANGOVER (R) - ID REQ'D (1210 240 510) 740 1010

UP 3D - SPECIAL EVENT PRICING (PG) ★ (1240 PM 920 PM)

UP (PG) (1130 150 430) 700 930

DRAG ME TO HELL (PG-13) (1220 250 520) 750 1020

NIGHT AT THE MUSEUM II (PG) (1240 PM 920 PM)

TERMINATOR SALVATION (PG-13) (1250 350) 640 930

ANGELS AND DEMONS (PG-13) (1250 350) 640 930

STAR TREK (PG-13) (1250 350) 640 930

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

BOWIE STADIUM 14

15240 Major Lane Blvd 800-FANDANGO 454#

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

THE TALE OF DESPEREAUX (G) (1000 AM)

IGOR (PG) (1000 AM)

THE PROPOSAL (PG-13) ★ (1130 1200 145 215 415 440) 700 745 945 1015

THE YEAR ONE (PG-13) (1145 205 435) 715 1000

IMAGINE THAT (PG) (1150 220 450) 720 955

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1140 1215 210 245 400 445 515) 645 730 805 935 1010 1040

HANGOVER (R) - ID REQ'D (1155 1240 235 315 505 545) 740 815 1010 1045

UP 3D - SPECIAL EVENT PRICING (PG) ★ (130 PM) 750 PM

UP (PG) (410 PM) 1040 PM

DRAG ME TO HELL (PG-13) (1130 200 430) 700 930

NIGHT AT THE MUSEUM II (PG) (1205 230 500) 730

TERMINATOR SALVATION (PG-13) (1245 325) 625 900

ANGELS AND DEMONS (PG-13) (1240 PM 920 PM)

STAR TREK (PG-13) (1250 350) 640 930

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

THE PROPOSAL (PG-13) ★ (1215 150 300) 430 610 715 900 1000

THE YEAR ONE (PG-13) (1130 210) 445 730 1015

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

OC & DA: TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (1135 220) 500 735 1010

IMAGINE THAT (PG) (1230 130 245) 415 515 620 700 800 950 1040

TAKING OF PELHAM 1 2 3 (R) - ID REQ'D (100 150) 330 450 630 745 930 1020

HANGOVER (R) - ID REQ'D (1150 AM) 525 PM 1035 PM

LAND OF THE LOST (PG-13) (140 410) 650 920 1145

DRAG ME TO HELL (PG-13) (1200 PM 240 PM) 505 PM

UP 3D - SPECIAL EVENT PRICING (PG) ★ (1140 205) 440 705 945

UP (PG) (1140 205) 440 705 945

NIGHT AT THE MUSEUM II (PG) (1140 205) 440 705 945

TERMINATOR SALVATION (PG-13) (1140 205) 440 705 945

ANGELS AND DEMONS (PG-13) (1145 AM)

STAR TREK (PG-13) (110 420 720 1025)

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

THE PROPOSAL - DP (PG-13) ★ (130 415) 700 945

THE YEAR ONE (PG-13) (155 440) 725 1000

IMAGINE THAT (PG) (210 455) 740 1025

IMAGINE THAT (PG) (115 400) 650 930

AWAY WE GO (R) - ID REQ'D (250 525) 800 1035

DRAG ME TO HELL (PG-13) (100 350) 635 910

TERMINATOR SALVATION (PG-13) (120 PM 430 PM) 750 PM

STAR TREK (PG-13) (105 405) 715 1020

X-MEN ORIGINS: WOLVERINE (PG-13) (1255 355) 640 920

GHOSTS OF GIRLFRIENDS PAST (PG-13) (200 PM 445 PM)

STATE OF PLAY (PG-13) (110 410 710 1015)

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

THE PROPOSAL (PG-13) ★ (130 415) 700 945

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GHOSTS OF GIRLFRIENDS PAST (PG-13) (200 PM 445 PM)

STATE OF PLAY (PG-13) (110 410 710 1015)

TRANSFORMERS: REVENGE OF THE FALLEN - MIDNIGHT (PG-13) ★ 1201 AM

THE PROPOSAL (PG-13) ★ (130 415) 700 945

THE YEAR ONE (PG-13) (155 440) 725 1000

IMAGINE THAT (PG) (210 455) 740 1025

IMAGINE THAT (PG) (115 400) 650 930

AWAY WE GO (R) - ID REQ'D (250 525) 800 1035

DRAG ME TO HELL (PG-13) (100 350) 635 910

TERMINATOR SALVATION (PG-13) (120 PM 430 PM) 750 PM

STAR TREK (PG-13) (105 405) 715 1020

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IMAGINE THAT (PG) (115 400) 65

top stops

Compiled by Express' Fiona Zublin and Kris Coronado. Read more of their picks every day at Expressnightout.com/topstops.

3 Sasha Fierce

Beyonce Knowles is so fierce that she had to invent an alter ego named

"Sasha Fierce" to hold all her fierce fierce-ness. You can check it out when she performs in concert tonight in Baltimore. We'd describe the music, but you've

heard it, so what's the point? Oh, and if being run over by a dump truck full of fierce just once wasn't enough for you, she's performing tomorrow at the Verizon Center. f.z.

→ *First Mariner Arena, 201 W. Baltimore St., Baltimore; 7:30 p.m., \$21-\$126; 202-397-7328, Baltimorearena.com.*



BRYAN BEDDER/GETTY IMAGES



COURTESY OF FLASHPOINT

1 Ovoid Metamorphoses

In a surprisingly noncontroversial statement, artist Ami Martin Wilber has created a series of egg-like sculptures that took her 40 weeks — right, right, the period it takes to a human baby to gestate. Oh, and that show is called "Gestation." The works are beautiful, spare and memorable. But who's going to break it to her that humans don't lay eggs after those 40 weeks? That's gonna be a tough conversation. f.z.

→ *Flashpoint, 916 G St. NW; through July 18, free; 202-315-1310, Flashpointdc.org. (Metro Center)*



COURTESY STYX

Thank You, Mr. Roboto

So, we've kind of got an obsession with belting out two songs karaoke-style. First, there's Sade's "Smooth Operator." The

second? Well let's just say those who happen to be sitting near us when Styx starts up "Mr. Roboto" at its 7 p.m. Merriweather show are in for quite a treat. Yes, the '80s band is overly synthed, dramatic and a tad annoying — but that's why the nostalgic cheeseball in us loves 'em all the more. k.c.

→ *Merriweather Post Pavilion, 10475 Little Patuxent Parkway, Columbia, Md.; 7 p.m., \$35-\$70; 410-715-5550.*

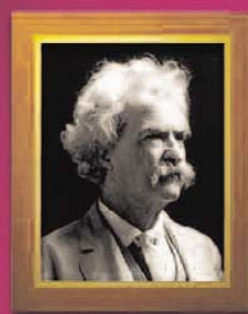
DO YOU DRINK ALCOHOL?

✓ **Drink daily or almost daily?**

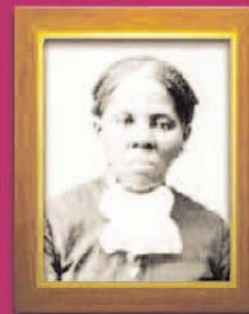
✓ **Are between the ages of 24 and 60?**

We are seeking men and women to study whether a medication for smoking cessation (CHANTIX™) may affect drinking. Volunteers should be healthy and drug-free. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

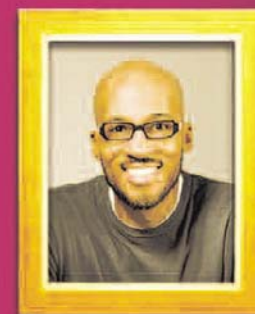
For more details, call
301-496-7500



Mark Twain
Author
(1835-1910)



Harriet Tubman
Abolitionist
(c.1820-1913)



Kymone Freeman
Vaccine Trial Participant
(Present day)

You don't have to pen the great American novel or strive for freedom to be an **everyday hero.**

Help researchers develop potentially lifesaving vaccines for HIV, Ebola, flu, and other infectious diseases. There is no risk of becoming infected with a virus from a vaccine, and you are paid for your participation. Ultimately, volunteering a small amount of your time in a vaccine clinical research trial could help to prevent a pandemic. And that's amazing no matter who you are.

To be a **Vaccine Trial Volunteer**, call 1-866-833-LIFE, TTY 866-411-1010, or visit www.vrc.nih.gov

VACCINE RESEARCH CENTER • NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES
NATIONAL INSTITUTES OF HEALTH • U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES



Anxious and Depressed?

Consider participation in a research study

If you (or someone you know) have been diagnosed with major depression and have anxiety symptoms, you may be able to participate in a NIMH research study that seeks to decrease symptoms of depression and understand the causes of anxious depression. Anxiety symptoms may include tension, worry, apprehension, restlessness, or loss of appetite.

This study evaluates the effectiveness and safety of the study drug AZD2327, in the treatment of major depression and anxiety symptoms. This drug has a different mechanism of action from commonly used SSRI's (selective serotonin reuptake inhibitors) for anxiety and depression. *There is the chance of receiving placebo in this study.*

After study completion, NIMH will provide short-term follow-up care, and then you will return to the care of your own provider.

1-877-MIND-NI
(1-877-646-3644)
email: moodresearch@nimh.nih.gov

(TTY: 1-866-411-1010)
<http://patientinfo.nimh.nih.gov>
www.clinicaltrials.gov

- Participants should:**
- ◆ Be ages 18-65
 - ◆ Be diagnosed with major depression and have anxiety symptoms.
 - ◆ Be able to participate in a 12 week-outpatient study including a 7-day stay in Bethesda, MD.

In addition, all research participation is without cost.

- ◆ Monetary compensation for procedures.
- ◆ Transportation reimbursement provided.

Atendemos pacientes de habla hispana.

lookout television

‘Gossip Girl’ Is a Reality

TEENS | It's a little-discussed but scientific fact. If you put a teenager — or an actor portraying a teenager — on television, he automatically becomes 35 years old. Luke Perry wasn't the first or the last to suffer from this affliction.

The kids on “NYC Prep” (10 p.m., Bravo) take this premature middle-age thing to a new extreme. Two of the kids appear to have been raised by wolves — or at least the kind of wolves who live in the Hamptons five days a week while their underage kids run wild in Manhattan leading unsupervised, unchaperoned (and for the most part uninteresting) lives.

Apparently, the prep crowd entertain each other in restaurants and bars, where, one pre-



Kelli works to keep up with the latest trends tonight on Bravo's “NYC Prep.”

sumes, they are waited on by sultry would-be actors whose chance at work has been destroyed by the proliferation of cheap documentary shows such as “NYC Prep.”

One mass bash is even held by a (gasp!) public-school student, who will probably have to become an indentured servant or sell her kidneys just to pay off the tab. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

RICH VS. RICH
Celebrities take on athletes on **THE SUPERSTARS** (8 p.m., ABC).

ISO SUSAN BOYLE
AMERICA'S GOT TALENT (9 p.m., NBC) returns with its first audition show.

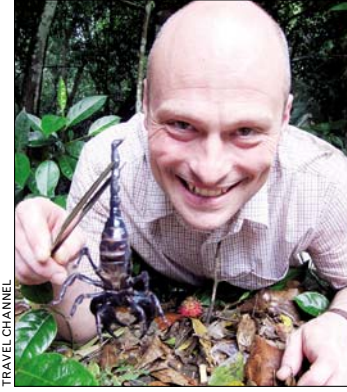
BRAVE? CRAZY?
On the series premiere of **BITE ME WITH DR. MIKE** (10 p.m., Travel Channel), virologist and adventure junkie Mike Leahy searches for up-close and personal encounters with Earth's most dangerous creatures.

KIDS WITH KIDS
PRIMETIME: FAMILY SECRETS (10 p.m., ABC) looks at teen pregnancy.

THE RACE IS ON
Lou and Tommy stagger to the finish on **RESCUE ME** (10 p.m., FX).

ADDICTIVE SERIES
Gary Cole guest-stars on the second-season opener of **THE CLEANER** (10 p.m., A&E).

UNIVERSAL LANGUAGE
P.O.V. (10 p.m., PBS) enters a new season with “New Muslim Cool,” a



A man hangs out with creepy, deadly crawlies on “Bite Me With Dr. Mike.”

profile of a former drug dealer and Puerto Rican convert to Islam who spreads a gospel of sobriety, faith and political awareness through hip-hop music.

SUPREME JUDGE
Sandra Day O'Connor and MSTRKRFT with John Legend are scheduled on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Are You A Trauma Survivor?

Have you: • Been physically or sexually assaulted? • Had a serious accident? • Felt your life was in danger?

Have you experienced any of these symptoms since the traumatic event?

- Difficulty getting rid of troubling images or thoughts of the Trauma
- Flashbacks or nightmares • Avoiding people or places
- Feeling anxious or jumpy

If so, you may be suffering from Post-Traumatic Stress Disorder (PTSD). Call us to see if you qualify for:

- A study monitoring emotional responses for example changes in heart and breathing rate.

Must be between 18-55 years old. This study involves up to five half-day visits to the NIMH outpatient clinic in Bethesda, Maryland.

Mental health assessment at no cost - Transportation reimbursement is available
Compensation for brain imaging

Call: **301-594-9140**
(TTY: 1-866-411-1010)
<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services



Scrappy Camper

VW California takes you back to the days of do-it-all minivans

OUTDOORSY | In a column a few weeks ago, I rolled a grenade under the epically chintzy VW Routan, and whilst so doing bemoaned the fact that VW — the company whose heritage of van-making includes the beloved Westfalia camper van — did not offer a modern version of the Westy, preferably with a high-output diesel engine and all-wheel drive.

Au contraire, readers wrote back. VW offers precisely that vehicle — in Europe. Wishes do come true.

I happened to be on the Continent last week anyway, so arranged to borrow the VW California, which is, maddeningly enough, not offered in California or anywhere else in the U.S.

Did you stop following the Grateful Dead because they became too corporate? Brace yourself. This is the Westy of your dreams: a state-of-the-art camper van with a gas stove, running water, electrically deployed pop-top, a fold-down double bed, rotating front captain's chairs and



The VW California minivan can transform from a highway cruiser into an unfolded base camp. The van's signature pop-top is automatic — no hand crank needed.

a staggering number of reading lights, climate outlets, cabinets, storage bins and convenience features, and all of it executed with aerospace precision.

Why not sell the California in the U.S.? Why do we get only the rough-trade Routan? One rather large word: homologation. It would cost far too much to make the diesel California legal in the States, considering the small number of vehicles the company could actually sell at a price exceeding \$50,000. On the other hand, maybe not.

DAN NEIL (LOS ANGELES TIMES)

NUTS & BOLTS

→ 2010 VW CALIFORNIA

\$60,000

Powertrain: Intercooled and turbocharged five-cylinder diesel engine; six-speed manual transmission; all-wheel drive | **Wheelbase:** 118.1 inches | **Measurements:** 192.5 inches long, 6,600 pounds | **Horsepower:** 174 at 3,500 rpm | **Torque:** 295 pound-feet at 2,000 rpm | **EPA fuel economy:** 30 mpg city/highway combined

DISCUSSIONS

REAL WHEELS

I'm driving a BMW 328xi (leased), and in the next year, I'll be buying a new car. I want a four-door sedan that's roomy enough for me (a 30-year-old woman who loves her zippy car), my fiancé and my 5-year-old daughter in the backseat. The 3-series is a little cramped as it is with my guy in the front and my daughter behind him. I'm considering the Honda Accord, Toyota Camry Hybrid and Nissan Altima. Anything stand out to you? Take a look at the Volkswagen CC, Audi A4 and Infiniti G37 S-Sport.

I'm glad Saab found a sympathetic home with a Swedish car group that will only improve it after it was hammered by GM the past 20 years. Darn shame what it did to that line. Just ask any mechanic: They were much easier to work on before the GM thrashing.

I put that question to several mechanics. Lots of disagreement there. And, besides, why did Saab sell itself to GM in the first place? Answer: Because Saab wasn't selling and wasn't making money doing what it was doing before GM bailed it out. Saab's problems existed long before GM took it over.

I went with my dad a month ago to buy a car. Buying from a used-car

salesman is normally an unpleasant experience, so we went armed to the teeth with information on the preferred models. It turns out the experience was enjoyable and low-pressure. The salesman was helpful and useful. That was a surprise. A question for you: Why don't the auto dealers of new cars do this?

Many auto dealers, foreign and domestic, have indeed adapted

Saab wasn't selling and wasn't making money. Saab's problems existed long before GM took it over.

the CarMax and Saturn customer-friendly selling techniques. Walk out of any dealership where customer-friendly techniques aren't in evidence. Customer-friendly signals:

- Respect for consumers in mannerism and overall sales approach.
- Equal respect for gender; sexual preference, race and ethnicity.
- Truth in advertising.
- Truth in financing.
- Knowledgeable sales staff.
- No pressure, period.



washingtonpost.com

Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

express



automobile dealers

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Poll Center

WOULD YOUR RELATIONSHIP SURVIVE THE SCRUTINY OF A REALITY TV SHOW?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES 53%
NO 47%

"I think my marriage thrives on debate. If everything's hunky-dory, it gets a bit boring. We always say we would kick butt on 'Amazing Race,' but, alas, a 2-year-old and another on the way prevent us from racing, amazingly."

COMMENTER WAS BUF., NOW WAS.

"There's no question our relationship would survive. The show, however, wouldn't last a week. No one wants to watch a program about two people who love and care for one another, and work out their differences amicably."

COMMENTER DIOGENES, WHO ADDED, "WHERE'S THE SPORT IN THAT?"

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM

Blog LOG

"MY LOVE AFFAIR with jumpsuits started as a budding young girl with the movie 'Grease.' I wanted to be the 'bad' Olivia Newton-John with the skintight catsuit, teased hair, smoking cigarettes and causing a commotion."

DCGOODWILLFASHIONS.BLOGSPOT.COM IS GLAD TO SEE THAT JUMPSUITS HAVE MADE A FASHION COMEBACK.



DAVID MCNEW/GETTY IMAGES



"I LOVE TARGET. It's the most magical place ever. Where else can I get milk, Lean Cuisines, a top, a sports bra and an ice cream maker in the same place?"

THEARTOFFACCESSORIES.COM/BLOG

IS EVEN MORE IMPRESSED THAT THE SUPERSTORE HAS AN EQUALLY RESOURCEFUL ONLINE SHOP.



"Among the myriad tweets and Facebook messages, could it be that a YouTube video becomes the galvanizing moment in Iran's troubled election?"

MASHABLE.COM CALLS THE NOW-FAMOUS VIDEO OF A GIRL IDENTIFIED ONLY AS "NEDA" DYING IN THE STREETS OF TEHRAN "TOO DISTRESSING TO IGNORE."



"The world's most famous smoker is putting down the cigarettes [Monday] to sign ... an anti-smoking bill."

THE DAILY BEAST.COM FINDS IT IRONIC THAT PRESIDENT OBAMA HAS SIGNED INTO LAW NEW REGULATIONS GIVING THE FOOD AND DRUG ADMINISTRATION NEW AUTHORITY TO REGULATE TOBACCO.

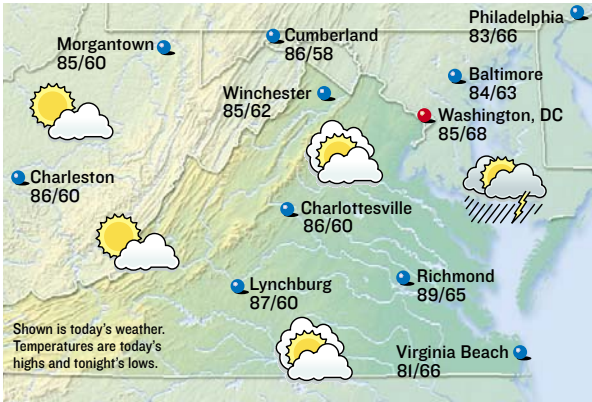
"CAN SOMETHING MADE from brand-new materials really be green? If a product is an upgrade from an older version, are we being green by buying it? Or is it better for the environment to simply use what we have or to do without?"

TWILIGHTEARTH.COM STILL HAS TROUBLE DISCERNING THE BEST WAY TO LIVE BY THE "REDUCE, REUSE, RECYCLE" MANTRA.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Patched clouds	Partly sunny, seasonably warm	Partly sunny, hot, humid	Partly sunny, a thunderstorm possible, humid	Partly sunny
85°	68°	89° / 69°	90° / 73°	90° / 72°	89° / 72°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.	
Temperature	
High	83°
Low	68°
Normal high	86°
Normal low	67°
Average humidity	58%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	5.46"
Normal month to date	2.29"
Year to date	22.73"
Last year to date	27.83"
Normal year to date	18.32"

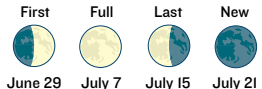
For up-to-the-minute weather, see: washingtontopost.com/weather

Regional Forecast

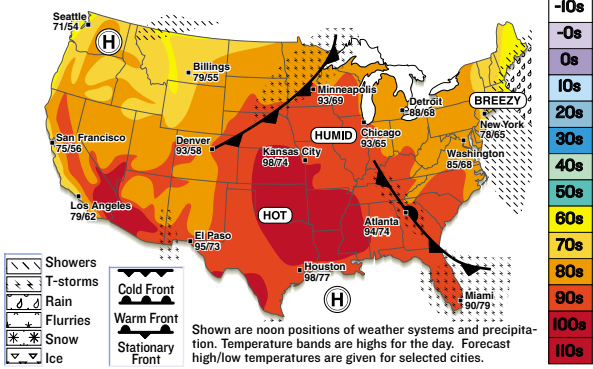
D.C. Metro: Today, partly sunny. High 85. Wind north 7-14 mph. Tonight, partly cloudy. Low 68. Wind southwest 4-8 mph.

Sun and Moon

Sunrise today	5:44 a.m.
Sunset tonight	8:37 p.m.
Moonrise today	6:23 a.m.
Moonset today	9:47 p.m.



National Weather for Tuesday, June 23



National Cities

City	Today Hi/Low/W	Wed. Hi/Low/W
Atlanta	94/74/t	90/72/s
Boston	66/61/r	69/62/c
Chicago	93/65/pc	92/68/pc
Dallas	101/78/s	99/78/s
Denver	93/58/pc	94/62/t
Honolulu	89/75/pc	87/75/s
Los Angeles	79/62/pc	79/62/pc
Miami	90/79/t	89/77/t
New York City	78/65/pc	80/68/t
Orlando	93/75/t	93/75/t
Seattle	71/54/pc	72/57/pc

World Cities

City	Today Hi/Low/W	Wed. Hi/Low/W
Amsterdam	71/52/s	74/54/s
Athens	84/63/s	81/65/s
Berlin	74/55/pc	78/55/pc
Buenos Aires	52/32/s	52/36/s
Calgary	64/44/c	77/49/s
Dublin	68/54/pc	66/50/pc
Geneva	68/50/pc	75/56/pc
Moscow	77/54/pc	68/52/r
Rome	73/55/pc	75/57/c
Sydney	68/54/s	66/50/sh
Tokyo	78/72/r	77/72/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

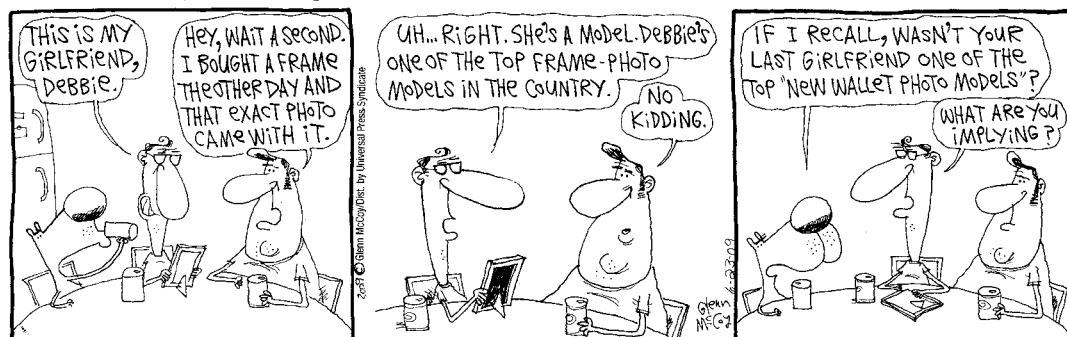
Bizarro | Dan Piraro

Dist. by King Features BIZARROCOMIC.BLOGSPOT.COM BIZARRO.COM 6-23-09

ONE DAY, ENTIRE GANGS WILL WEAR
ONE PAIR OF GIGANTIC BAGGY PANTS

Cornered | Mike Baldwin

"It's a grueling job that requires a strong
commitment and personal sacrifice.
Is your mother available?"

Pooch Cafe | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

CANCER (June 21-July 22) You'll find yourself going to bat for someone who cannot get into the box for himself. Are you really ready to make your mark this way?

LEO (July 23-Aug. 22) You are enthusiastic and positive at this time, but you may encounter an obstacle that has you second-guessing yourself.

VIRGO (Aug. 23-Sept. 22) Those around you are likely to know you well after only a brief acquaintance. You can expect their influence to be unusually strong.

LIBRA (Sept. 23-Oct. 22) You may not know exactly what you are facing, but it's important that you have as many tools as possible at the ready.

SCORPIO (Oct. 23-Nov. 21) You can make a fine impression on others, provided you do only what is natural and avoid anything that is out of your sweet spot.

SAGITTARIUS (Nov. 22-Dec. 21) It's important to be honest with yourself and others about your weaknesses, but are you fully aware of your strengths?

CAPRICORN (Dec. 22-Jan. 19) You're

going to want to know more about what is going on around you than usual. Demand that others give you all the details.

AQUARIUS (Jan. 20-Feb. 18) You may be trying to accomplish something that is more complicated than you might have thought. Others have failed at it. Will you?

PISCES (Feb. 19-March 20) You may have to step away from yourself a bit in order to look at things from a more objective point of view.

ARIES (March 21-April 19) Your independence may hang in the balance. What you do and what you say are both going to have more of an impact than expected.

TAURUS (April 20-May 20) You may be trying to do too many things at once. Multitasking is one thing, but not even you can be productive doing what you're doing.

GEMINI (May 21-June 20) You'll start the day strong, but later on you may be surprised when fatigue sets in. Know your limits, and be willing to say enough is enough.

Today in History

1757 Forces of the East India Company led by Robert Clive win the Battle of Plassey, which effectively marks the beginning of British colonial rule in India.

1972 President Richard M. Nixon and White House chief of staff H.R. Haldeman discuss a plan to use the CIA to obstruct the FBI's Watergate investigation. (Revelation of the tape recording of this conversation sparked Nixon's resignation in 1974.)

1985 All 329 aboard an Air India Boeing 747 are killed when the plane crashes into the Atlantic Ocean near Ireland, after a bomb widely believed to have been planted by Sikh separatists explodes.

1999 Two months after his retirement, Wayne Gretzky is voted into the Hockey Hall of Fame along with former referee Andy Van Hellemond and Ian (Scotty)

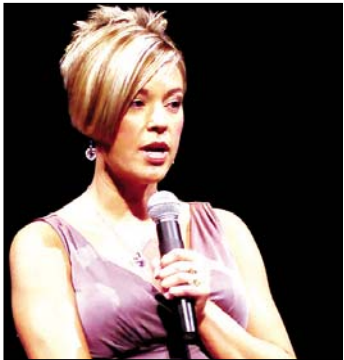


Felix Hernandez hit the first grand slam by an AL pitcher in 37 years in 2008.

Morrison in the builder category.

2008 Seattle's Felix Hernandez hits the first grand slam by an American League pitcher in 37 years, then departs with a sprained ankle before he can qualify for a win in the Mariners' 5-2 victory over the New York Mets.

lookout people



"Jon & Kate Plus 8" is now "Jon OR Kate Plus 8." Plus Kate's hairstyle.

SPLITS
To the Surprise of None
JON and **KATE GOSSSELIN** are divorcing, according to People.com. A source said divorce papers were filed at the Bucks County Courthouse in Doylestown, Pa., on Monday afternoon. The split comes after intense tabloid attention, rumors of cheating on both sides and high tension during shooting of their TLC show, "Jon & Kate Plus 8." (EXPRESS)

expressnightout
Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



VIOLENCE
Black-Eyed Blogger
Police have charged the tour manager of the Black Eyed Peas with assault after he allegedly gave **PEREZ HILTON** a black eye outside a Toronto nightclub. Hilton said he got into an argument with band members Fergie and will.i.am at the Cobra nightclub early Monday morning and that Polo Molina punched him outside. Molina turned himself in and has been charged with assaulting Hilton. (AP)



SCIENCE
First Species To Find Stephen Baldwin Palatable Discovered
Another celebrity has bailed out of the Costa Rican jungle set of "I'm a Celebrity ... Get Me Out of Here!" **STEPHEN BALDWIN** says he exited the NBC show over the weekend because he received more than 125 insect bites in eight days. In

No, this is before he swelled up from the 125 insect bites. a statement, he says the bites were so bad he had an extreme allergic reaction that caused him to lose sleep and 22 pounds. The actor says he will continue to work on behalf of his chosen charity, LOVE 146, which fights child sex slavery and exploitation. "I'm a Celebrity" ends on Wednesday. (AP)



IN COURT
Brown Agrees to Plea Deal
CHRIS BROWN has pleaded guilty to one count of felony assault of pop star Rihanna. Brown entered his plea before a preliminary hearing was scheduled to start in Los Angeles on Monday. Brown's alleged victim, Rihanna, had been on standby to testify on Monday. (AP)

SAD
Longtime Companions to Wed

RYAN O'NEAL says he plans to marry **FARRAH FAWCETT**, who is struggling to overcome cancer. The 68-year-old actor says in an interview with Barbara Walters for ABC's "20/20" that he asked his longtime companion to marry him and "she's agreed." O'Neal says they will tie the knot "as soon as she can say yes." Walters' interview with O'Neal airs Friday. (AP)



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puzzles lookout

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ACROSS

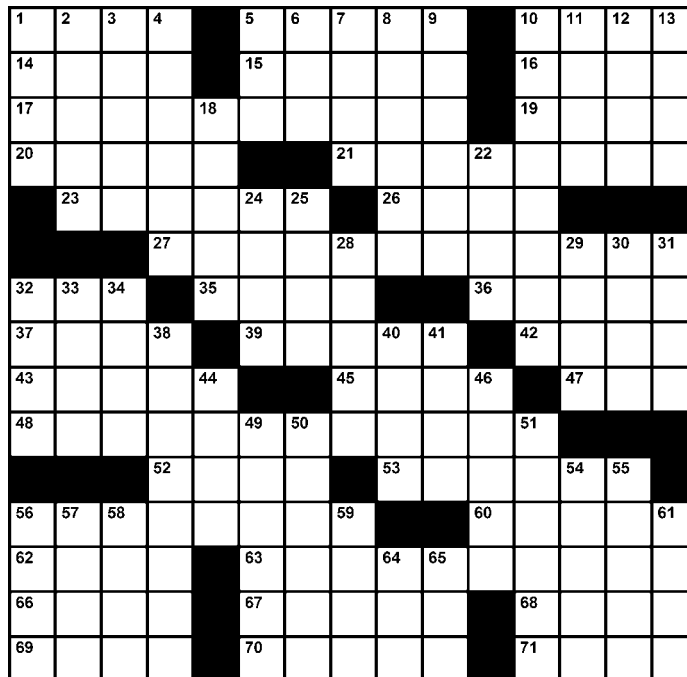
1 "___ on Entebbe"
5 It contains tracks
10 Applies with a Q-Tip
14 Bulky grayish-brown eagle
15 Gem viewer
16 Discharge, as radiation
17 "Quickly!"
19 Caffeinated mixer
20 Apply haphazardly
21 Aviation pioneer Igor
23 In a melodic style
26 Chimney feature
27 "Now!"
32 "I get it" preceders
35 Animal's appendage
36 "Little Miss Sunshine" topper
37 Valley of vino
39 Necklace components
42 Sulky-puller's gait
43 "Love Story" author Segal
45 They may prevent spikes
47 Watson and Crick's focus
48 Immediately
52 Word in division problems
53 "Maury" host
56 Apostate
60 Beyond unusual
62 Tel ___
63 Skedaddle
66 There's a point to it
67 Rose-petal

DOWN

68 Extinct bird
69 They're often served in pint-sized glasses
70 Natasha's negatives
71 Cross-country equipment

DOWN

1 Wines to serve with beef
2 Bottle's bouquet
3 "___ Sanctum"
4 It may be minor
5 Carte opener
6 Blender setting
7 They'll be flowers soon
8 Elevate
9 In a mousy way
10 Broken down
11 Famous cookie tycoon
12 Bamboozle
13 Wear out one's welcome
18 Legal claim
22 Give the old heave-ho
24 Certain line-croser
25 "Grapes of Wrath" escapee
28 Dik-dik's larger relative
29 Animal fat
30 Something forged
31 "Cheerio!"
32 In a different way
33 Mata ___
34 Narrow peninsula
38 Makes it to the

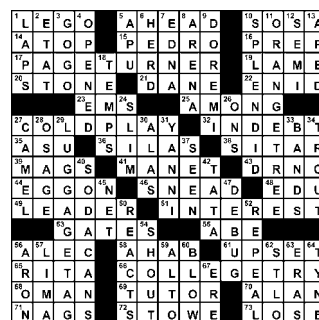


EDITED BY TIMOTHY E. PARKER

top
40 Profoundly philosophical
41 1944 site of heaving bombings (abbr.)
44 ___ Kong
46 "___ tree!" (environmentalist's cry)
49 Salt Lake City native
50 Wordsworth's "Ode ___"
51 Gives way

54 Petty thief
55 Language in New Delhi
56 "Tat-tat" start
57 Word with "eye" or "spirit"
58 "in the pot, ___ days old"
59 Harper's Bazaar illustrator
61 Boosters have big ones
64 Certain stowaway
65 '01 and '06, e.g.

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

2	1	3	8	7	9	5	6	4
7	6	9	2	5	4	8	1	3
8	5	4	1	3	6	7	2	9
4	7	8	3	9	1	2	5	6
1	3	6	5	2	8	4	9	7
5	9	2	4	6	7	1	3	8
3	4	1	9	8	5	6	7	2
9	8	7	6	1	2	3	4	5
6	2	5	7	4	3	9	8	1

5		4		8		9		
	7	8	9		1			4
		6						
				7			6	1
		2				4		
9	6			3				
						3		
4			3		6	5	2	
		7		9		1		8

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DESIGN—MARCIA HARDER, ERNIE SMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY
PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY
TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



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